

ST BERNADETTE OF LOURDES

"I want my whole life to be inspired by love!"



RESOURCE PACK FOR
POST-PRIMARY SCHOOLS
/ YOUTH GROUPS

This resource book is designed to celebrate the life of St Bernadette of Lourdes, an incredible example for young people.

Feel free to use whatever elements of this resource you feel best suit the ability and age of the young people you teach / work with.



LINKS TO JUNIOR CYCLE RELIGIOUS EDUCATION LEARNING OUTCOMES

- 1.5 explore the presence of religious themes in contemporary culture through an examination of art, music, literature or film
- 1.8 describe the role of prayer in the lives of people of faith
- 1.12 synthesise and consider the insights gained about how people express and live out their beliefs, religious or otherwise
- 2.8 present stories of individuals or groups in the history of two major world religions that have had a positive impact on the lives of people because of their commitment to living out their beliefs.
- 2.9 describe how the faith of a believer can change at different stages in life
- 3.1 examine different sources of values and ways in which the values of a person relate to their everyday choices, their relationships, and their responsibilities to others
- 3.2 reflect upon and discuss what it means to be moral, why people living in society need to be moral and what are the influences on and the sources of authority for a person's moral decision-making

JUNIOR CYCLE RELIGIOUS EDUCATION - CBA 1: A PERSON OF COMMITMENT

During a period of three weeks, with support/guidance by the teacher, students will research and report on a person whose religious beliefs or worldview have had a positive impact on the world, past or present.

LINKS TO LEAVING CERTIFICATE NON-EXAM FRAMEWORK FOR RELIGIOUS EDUCATION

Section A: The Search for Meaning

Topic 1: Contemporary expressions of the search for meaning.

- The great questions concerning the goal and purpose of life, the meaning of good and evil and the experience of suffering.

Topic 3: The meaning of suffering and evil as understood by a religious perspective.

- Examples of people whose lives are influenced by their faith.
- The role of religious faith in Ireland today

Section D: Morality in Action

Topic 1: Becoming Moral

- Why be moral? Influences on moral principles: peers, family, media, culture, religion, etc.
- The role of religion in informing conscience?

Topic 2: Morality and Religious Belief:

- The Christian understanding of sin and reconciliation

Topic 3: Moral Dilemmas

- Examples of moral decision-making in action.
- The role of religion in moral decision-making.

Section E: God-Talk

Topic 1: My Image of God

- My image of God.
- Images of God in art/music/literature & contemporary culture.

Topic 3: God "in the bits'n'pieces of the everyday":

- Implications of images of God for life.
- Signs and rituals- special moments of God's presence.

Section G: Celebrating Faith

Topic 2: Prayer

- Exploring prayer as a need to communicate with God.
- Examples of prayer from different religious traditions.
- Sacred spaces

Topic 3: Meditation and Contemplation

- The human need for reflection in a busy world
- The use of sacred and inspirational texts in meditation

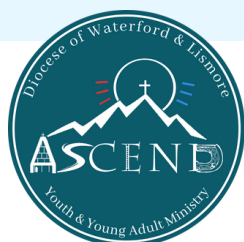
Section H: Story

Topic 1: Story

- Stories that carry meaning and have transformative power.



Topic 3: God's unfolding Story

- Where is God speaking today?
- All part of God's story?
- The student's story



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ST BERNADETTE SOUBIROUS

THE SHEPHERDESS OF LOURDES

"For the few years we still have to live in this world, we must do our best to spend our time as well as possible."

"My job is to inform, not to convince."
(St Bernadette)



Telling The Story Of Lourdes, Ireland 1962



WHAT WOULD YOU MOST LIKE TO BE REMEMBERED FOR IN THIS LIFE?

WHO WAS ST BERNADETTE?

Bernadette Soubirous was born in Lourdes, France on 7th January 1844. She was the eldest of nine children born to Francois Soubirous and his wife Louise. Francois was a miller. The family (six persons) lived in the *Cachot* (a damp and disused prison cell) in very poor conditions.



Bernadette was a sickly child, suffering from asthma. Because of her poor health she was sent to live in the nearby village of Bartres as a young girl, helping her aunt by looking after the sheep. At the time of the Apparitions in 1858, Bernadette was 14 years old and had just returned to Lourdes to prepare for her first Communion. She was knew only a few prayers and only learned to read and write when she was 16. She was tiny in stature, at just 4' 7"!

The Story of Lourdes

1st Apparition: Thursday 11th February 1858

Bernadette went with her sister, Toinette-Marie (11 years) and a friend, Jeanne (13 years) to collect firewood at Massabielle, a dump near the village. Afraid to follow the other two across the small canal, Bernadette paused, and began to take off her stockings. She heard a gust of wind, but nothing moved. Then she saw a lady at the Grotto nearby.

"I saw a lady dressed in white. She had a white dress girdled with a blue sash, and a yellow rose on each foot, the colour of the chain of her rosary. After that I rubbed my eyes. I thought I must be making a mistake. I put my hand in my pocket and took out my rosary. I tried to make the Sign of the Cross, but I could not lift my hand to my forehead. The vision made the Sign of the Cross. Then my hand trembled, I tried, and was able to sign myself. I said the rosary. The Vision passed her beads through her fingers, but did not move her lips. When I had finished my rosary, the Vision suddenly disappeared."

Bernadette's mother was angry with her when she returned home, thinking she was making up stories.



3rd Apparition: Thursday, 18th February

This time the Lady spoke to Bernadette in her native dialect Patois and said, **"Will you be good enough to come here every day for fifteen days?"** She also confided to Bernadette **"I do not promise to make you happy in this world, but I will in the next."**



4th & 5th Apparitions: Fri 19th & Sat 20th February

Bernadette's mother reluctantly permitted further visits and accompanied her daughter to the Grotto.



6th Apparition: Sunday 21st February

On this occasion Bernadette was seen to be in tears. She had been given a message. **"Pray for Sinners."**

7th Apparition: Tuesday 23rd February

Again the Lady appeared and spoke. Bernadette's ecstasy lasted for an hour. The Lady told Bernadette three secrets for herself at this time. Life for Bernadette was far from easy as she was treated with suspicion and mocked openly, even being slapped in the face.

8th Apparition: Wednesday February 24th

On this day Bernadette kissed the ground and turned to the crowd crying out **"Penance, penance, penance."**

9th Apparition: Thursday February 25th

Bernadette behaved very strangely. The Lady told her, "Go and drink at the spring and wash in it." All Bernadette could find was a small muddy puddle. Three times she scooped up the water and threw it away before she could bring herself to drink it. She washed her face with the mud and ate some of the grass nearby. People thought that she had gone crazy! By the next day however there was a steady flow of water at the point where Bernadette scraped away the ground and many began to report miraculous healings.



Bernadette and her mother were questioned by the local Prosecutor at this time, and threatened with prison. Her parents had much to suffer during her apparitions also.

10th Apparition: Saturday February 27th

This time, Bernadette received a command: **"Go tell the priests to build a chapel here."**

At the Presbytery, later, she gave the message to the Parish Priest, Abbe Peyramale. He replied that he must know the name of the Lady. Although gruff with Bernadette now, he later became a great friend.



2nd Apparition: Sunday 14th February

Bernadette's mother was finally persuaded by the children to allow them to revisit the Grotto. This time Bernadette sprinkled Holy Water at the Lady: she smiled in return.

11th & 12th Apparition: February 28th & March 1st

The Lady appeared but gave no message.

13th Apparition: Tuesday March 2nd

The Lady gave another message for the priests: **“Go and tell the priests to build a chapel here, and to come in procession.”** Poor Bernadette had to visit the Presbytery again; and once more Abbe Peyramale asked for the Lady’s identity, and for more exact information. If he knew it was Our Lady he would build the chapel.

14th Apparition: Wednesday March 3rd

There was no apparition in the morning, but later in the afternoon the Lady came.

15th Apparition: Thursday March 4th

This time there was no further message, although it was the final day of the promised fifteen days.

16th Apparition: Thursday March 25th

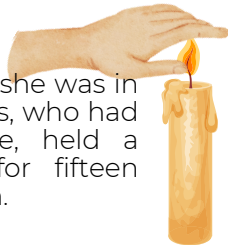


This time Bernadette felt a strong urge to ask the Lady her name, which she did four times. The Lady speaking in Patois said: **“I am the Immaculate Conception.”** Bernadette had no idea what the words Our Lady had spoken to her meant, she just repeated the sounds to herself all the way to his house so she would not forget them.

When she told the priest, he turned pale. This was the sign he had looked for. She had no way of knowing that this was the dogma proclaimed by Pope Pius IX four years previously. He knew Bernadette was truly seeing Our Lady at the grotto, and all in the village believed her too now.

17th Apparition: Wednesday April 7th

There was no message but while she was in ecstasy, the atheist Doctor Dozous, who had previously examined Bernadette, held a candle flame to her fingers for fifteen minutes without any trace of burn.



18th Apparition: Friday July 16th

Feast of Our Lady of Mount Carmel. Our Lady appeared for the last time even though the Grotto had been barricaded by the authorities.



- The Shrine at Lourdes which welcomes 5 million pilgrims each year! A candle lit procession takes place every night. Millions of candles have been burning at the grotto since 1858.
- 70 miraculous cures at Lourdes have been officially recognised to date by the church. Hear more about the most recent one here!
- Watch a candlelit procession at Lourdes [here!](#)

After the apparitions...

When the apparitions ended Bernadette was hounded by the public and by officials for two years until she left Lourdes to live in a hospice of the Sisters of Nevers. In 1866, at the age of 22, she entered the Sisters’ convent in the town of Nevers, half way across France, taking the name Sr Marie Bernard. She never returned to Lourdes or the Grotto.



The end of Bernadette's life...



At Nevers, Bernadette began the life of an enclosed nun, though her health was very fragile, and being 22, she was older than the other novices.

She became a saint, not because she saw Our Lady at the Grotto, but because she showed heroic holiness. She was often treated with suspicion and harshness by her superiors at Nevers and still had to deal with the curiosity of the public. But she bore all this suffering heroically, always remembering how Our Lady of Lourdes had promised her: **“I do not promise to make you happy in this world, but in the next”.**

It was during the last three years of her life that her holiness became obvious to all. In October 1875, her health had finally collapsed, and she was confined to bed for the remaining three years. A tubercular condition in the right knee combined with asthma made those years a continual agony but Bernadette never complained. It is an interesting point that although many people were cured or had their conditions eased at Lourdes, Bernadette herself always had poor health and suffered terribly during her final years.

She died on April 16th 1879 at the age of 35. Bernadette Soubirous was declared Blessed in 1925 and a Saint in 1933.

Another miracle...

Bernadette’s body was buried in the small chapel dedicated to St. Joseph, within the convent grounds. In September of 1909, Bernadette’s body was exhumed, as part of the process leading to her eventual canonisation.



The tomb was extremely humid - her habit was very damp and the rosary held in her hands was rusted. Yet despite this, the body itself was perfectly preserved, even the iris of her eyes was still a brilliant blue. Two further exhumations (in April 1919 and April 1925) were carried out. At the third, the skin was found to have discoloured slightly in places, due probably to exposure to the air following the forty-six years of burial. Bernadette’s body is still incorrupt and can be seen today at Nevers.

More Lourdes Resources

- **Sanctuary of Our Lady of Lourdes: Investigating medically unexplained cures | 60 Minutes**
- **The Song of Bernadette Movie**
- **50 Facts about Saint Bernadette | Palavra Viva Catholic Community**
- **Fr Mike Schmitz: The Immaculate Conception explained**
- **Ferrero Rocher's Founder Success due to Our Lady of Lourdes**



ST BERNADETTE SOUBIROUS: PERSONAL RESPONSE



WHAT IS YOUR INITIAL RESPONSE TO THE LIFE AND DEATH OF ST BERNADETTE?

WHAT SURPRISES YOU THE MOST ABOUT THE APPARITIONS AT LOURDES?

WHAT DO YOU THINK CAUSED ST BERNADETTE THE MOST SUFFERING DURING HER LIFE?

WHAT DO YOU THINK BROUGHT HER THE GREATEST JOY?

IF YOU COULD ASK ST BERNADETTE ONE QUESTION, WHAT WOULD IT BE?

IN HER OWN WORDS

“My job is to inform, not to convince.”

“If we had faith, we would feel the Divine Presence everywhere.”

“For the few years we still have to live in this world, we must do our best to spend our time as well as possible.”



Find all the words associated with the story of St Bernadette in the wordsearch!



WORDSEARCH

S D O N B Y M Z S E Y P R A Y S T E I A
 E X C U U U L E T E U P R P E P N L N F
 R L K A D N N T L W I I K U E R O T C V
 U B K H N I E L U I D G N W V I I N O M
 C T J D R D O S W S G I J L C N C A R U
 U E T E A W L F I R E W O O D G I M R N
 G I D N R P U E K G T L S V E M P E U J
 L V R O N E V E R S R H C E P N S T P V
 K E S F K M S G K V O O U A D J U I T R
 B E L L E I B A S S A M T T R R S H T O
 S R F Q O Y X G T U N M U T E I U W E S
 E D P T R M K D O V Z J I Y O R M O V E
 S O A A R I Q B H U T I R Y L L C P L B
 J P S Y R J D X C P F E D C H A P E L U
 G O I W Y K D A A Y K I U Q N G D W S S
 R H J I J B Y S C C G N I R E F F U S H
 H S A S E U L B O N O I S S E C O R P D
 U C M D F A P M A K U Q E G C P Y Z Z E

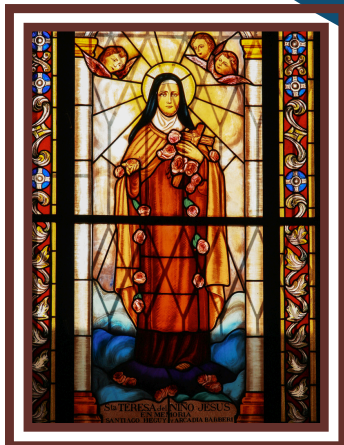
**Bernadette | blue sash | Cachot | candle | chapel | cures | dig | firewood |
 grotto | incorrupt | Lourdes | Massabielle | miracles | mockery | mud |
 Nevers | nun | Patois | pray | procession | rosary | rose bush | secret | spring
 | suffering | suspicion | white mantle | yellow roses**

QUICK FIRE QUIZ!

Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the story of Bernadette. Who can explain the most words?



LET THE LIGHT SHINE THROUGH!



One sunny Sunday, a little boy went to visit his local church with his Mom. He asked question after question about the stained glass windows, because he was so fascinated by the images, and the way the coloured glass reflected striking beams of light on the floor. She explained who each saint depicted in each window was. A few days later in religion class, the teacher asked if anybody knew what a saint was. The excited boy, raising his hand, said "Oh, teacher, I do! A saint is someone that the light shines through!"



HOW WAS IT MADE? STAINED GLASS WINDOW | VICTORIA & ALBERT ROYAL MUSEUM

Watch the video to see how stained glass windows are made

TASK: CREATE A SKETCH OF A STAINED GLASS WINDOW THAT CELEBRATES THE LIFE AND LEGACY OF ST BERNADETTE.



RESEARCH: VISIT A LOCAL CHURCH TO LOOK AT THE STAINED GLASS WINDOWS THERE

- What kind of images are depicted?
- What other details can you see (e.g. dedications)?
- How old are these windows?
- What colours are used?



ROBERT BARRON ON BL. PIER GIORGIO FRASSATI (MUNDELEIN SEMINARY)

- Watch the video to see how symbolism from a saint's life can be incorporated into a stained glass window



PLAN:

- What details from the life of St Bernadette will you include in your design?
- How will you represent those images?
- What colours will you use?



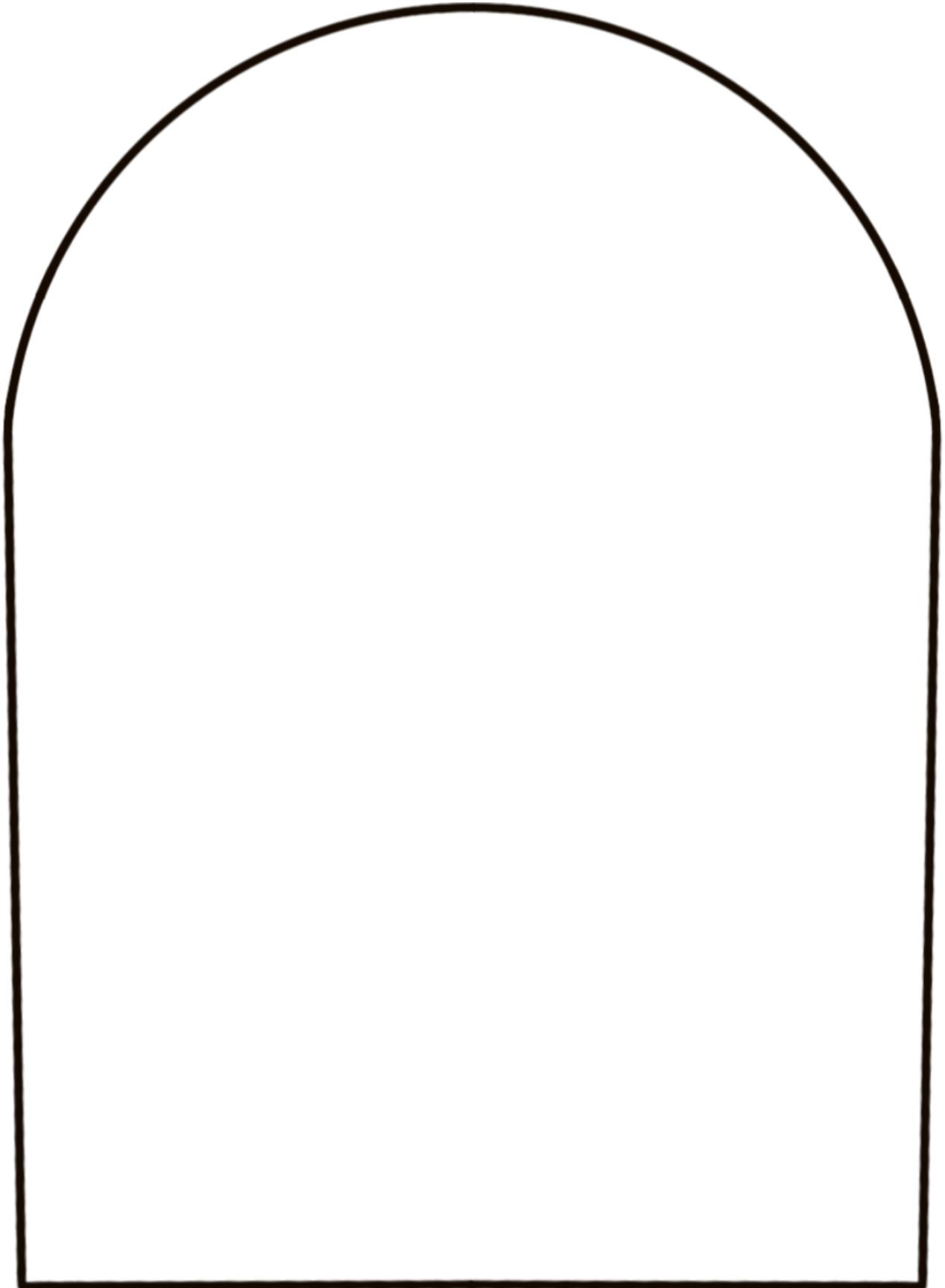
CREATE AND DISPLAY:

- Gather your ideas for symbols, and draft an outline of your chosen saint.
- You might choose to print an image of your saint and the symbols too, and stick these to your a4 page.
- create your final stained glass window on an a4 sheet.
- why not create a full display of these images along a corridor / in a classroom / hall, and let the light shine through!





ST BERNADETTE STAINED GLASS WINDOW





MILLIONS OF PILGRIMS VISIT THE SHRINE AT LOURDES EVERY YEAR, INCLUDING THOUSANDS FROM IRELAND. INTERVIEW SOMEONE WHO HAS VISITED LOURDES ABOUT THEIR EXPERIENCE AND RECORD YOUR FINDINGS HERE:

- Name: _____
- When did you visit Lourdes Shrine? _____
- How many times have you visited there? _____
- In what capacity did you travel there? Pilgrim Helper
- Did you travel with a group or alone? _____
- Would you like to travel to Lourdes again? _____

- What was your first impression when you stood in front of the Grotto in Lourdes?

- Can you describe what feelings you had during your time in Lourdes?

- What struck you about all the people gathered to pray during the ceremonies and processions?

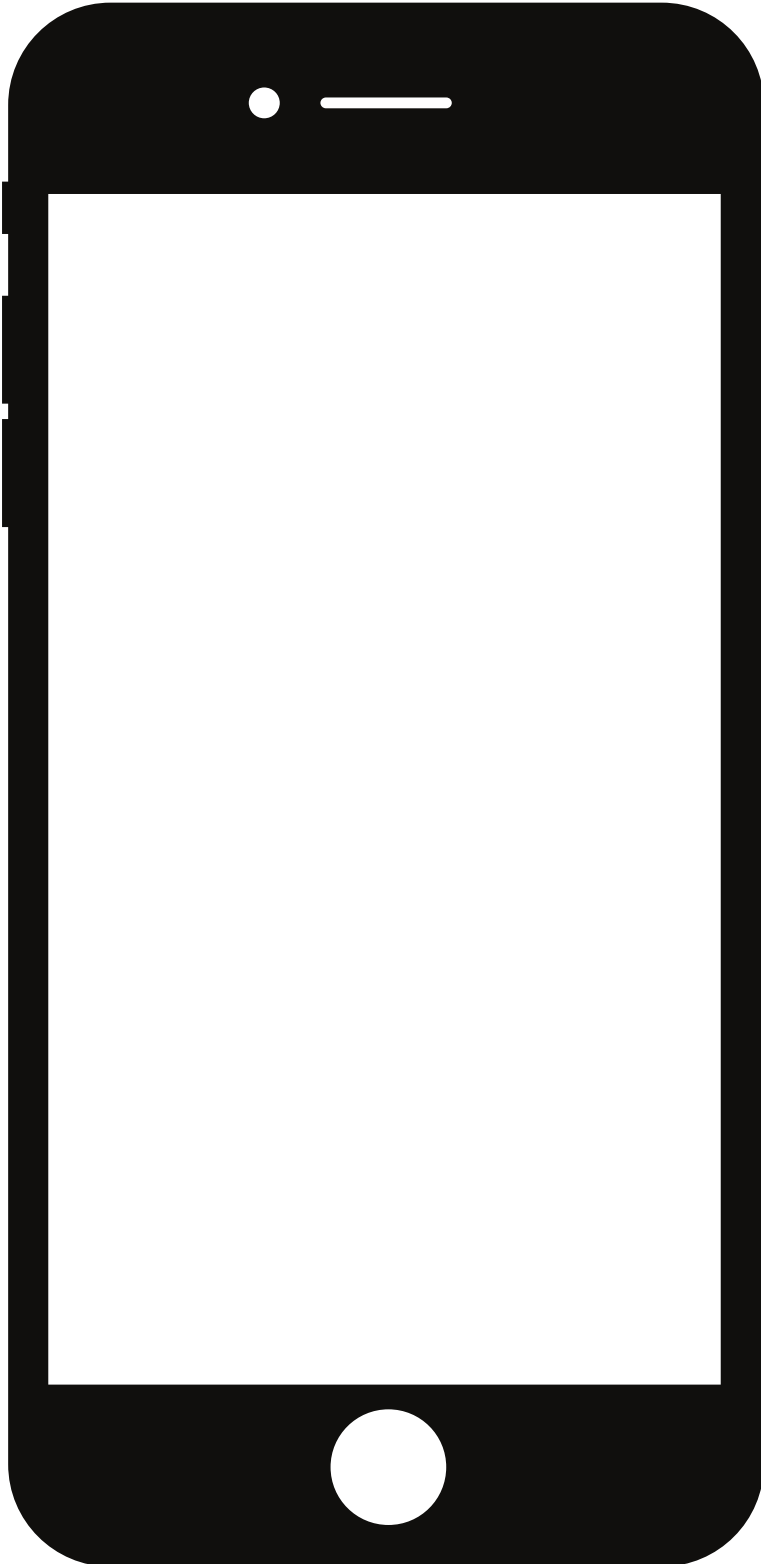
- In your opinion, what is the main message of Lourdes that we take with us on our life journey?

Thank you for your help with this research!



SAINTLY CONNECTIONS

IMAGINE THIS WAS ST BERNADETTE'S PHONE



WALLPAPER: Sketch what you think her phone wallpaper could be at a particular moment in her life, and then explain why she might choose this image.

EMAILS / TEXTS: Imagine St Bernadette just received two emails or messages.

Using your knowledge of St Bernadette, who do you think could be messaging her and what would the content of each message be?

PLAYLIST: Write down three song titles (with artists' names) that could be on St Bernadette's playlist (they can be contemporary religious or chart songs). Why do you think she would listen to these tunes?

**ST BERNADETTE BIO**



Name: _____

Date / year of birth: _____

Country: _____

Family details: _____

Death (year / age / how): _____

Patron Saint of: _____

Feast day: _____

Symbols / images / customs associated with her: _____

Quotes / mottos: _____

Particular love for / interest in: _____

Something we have in common: _____

Hashtag that sums up her life: _____



IN HER SHOES

Choose one of the apparitions that Bernadette experienced. Imagine you are Bernadette thinking back on the whirlwind events of that day. Use the following questions to guide you.



- What day/date was it?
- How did you feel prior to seeing Our Lady that day?
- How did you feel about yourself?
- How did others see you?
- What did you long for more than anything?
- How did the encounter take place?
- How did you feel in the moment?
- What was said?
- How did people react?
- Why was it so significant?
- How do you feel now?

*You can read about the apparitions at Lourdes in Bernadette's own words translated to English in the book:
A Holy Life: The Writings of St. Bernadette of Lourdes Patricia McEachern*



LIGHT A CANDLE

CLICK HERE FOR SOME
CALMING INSTRUMENTAL
WORSHIP MUSIC.



Millions of candles have been lit by pilgrims for special intentions over the years at the Grotto in Lourdes and at Marian shrines and in churches all around the world. Do you have particular people or situations you would like to pray for? Write them on the candles below. Spend some time in quiet prayer asking Our Lady to pray for your intentions and to bring them to Jesus to bless each person and situation. Why not stop by a Church this week and light a candle for your intentions there too?



You could even create a Petitions box for home or school or your youth group and light a candle before it as you pray for your intentions each day. You'll find lots of Prayer Box ideas on Pinterest!

BE A GAME CHANGER!



LIVE A LIFE OF VIRTUE! Bernadette displayed courage, obedience and humility throughout her life! Ask her for help to do the same!

SERVE OTHERS: Bernadette dedicated her time at Nevers to the care of the sick as infirmarian. Even though she was struggling with ill health herself, she always treated people kindly and with a smile. How can you reach out to help others?



GUARDIAN ANGELS: Bernadette had great devotion to her Guardian Angel. Remember to pray the Angel of God prayer each morning!

MUSIC! Create a Spotify list of tunes that you think carries the message of Bernadette's life and attitude. See below for some ideas on YouTube to get you started!

Learn the song "[The Bells of the Angelus](#)" which tells the story of Lourdes.



- [The Bells of the Angelus](#)
- [All who are thirsty](#) (Brenton Brown)
- [The Goodness of God](#) (Bethel)
- [I shall not want](#) (Audrey Assad)
- [The Litany of Humility](#) (Thomas Muglia)
- [New Wine](#) (Hillsong)

ROSARY: Bernadette loved to pray the rosary, and always prayed it during Our Lady's apparitions. Our Lady appeared carrying a rosary beads on her right arm. Try to start praying even one decade a day. You can also join in with a live rosary from Lourdes Grotto daily on the [Sanctuaire Notre-Dame de Lourdes YouTube Channel](#).



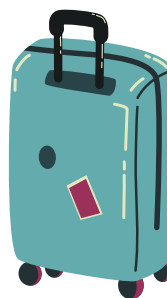
OUR LADY: Bernadette famously said "I can't find any Madonna beautiful after seeing the original." We can't all have apparitions of Our Lady, so try to find an image of Our Lady that particularly strikes you. Can you print it or save it on your phone? Turn to Our Lady when you feel sick, or frustrated or alone.

HER RELICS: Listen to other young people who were inspired by visiting [St Bernadette's Relics](#) on the [StBernadetteUK YouTube Channel](#).



STAND FIRM IN YOUR FAITH! Bernadette never wavered from telling the truth about Our Lady and the apparitions despite the pressure she was under from authorities and her own villagers.

SIGN OF THE CROSS: The other sisters noticed how prayerfully Bernadette made the sign of the cross when she prayed. She had learned this from Our Lady. When next you bless yourself, do it intentionally and prayerfully, mindful of the gift of being a Child of God and asking His blessing on your life! Remember to bless yourself passing a church, before your meals, passing a graveyard or when you hear an ambulance siren. These are all simple ways of calling down God's blessing on a situation.



PILGRIMAGE: Consider visiting Lourdes some day as a helper or a pilgrim! Maybe your school / parish / diocese are organising a pilgrimage soon. In the meantime, you can watch a livestream from Lourdes on the [Sanctuaire Notre-Dame de Lourdes YouTube Channel](#). You could also visit the shrine at Knock Co. Mayo and learn about Our Lady's apparition there!

LOCAL GROTTTO: Parishes and locals have been building Lourdes Grottos for decades in Ireland. Some neighbourhoods even have them. Keep an eye out for a grotto on your travels, and remember to bless yourself passing!



LIGHTING CANDLES at Lourdes has been a tradition since the time of the apparitions. Develop a practice of lighting a candle in church for your intentions and spending a few minutes kneeling in prayer each time.

Pray a **NOVENA** to [St Bernadette](#) for a special intention! She knows what it is to struggle as a teenager so she'll love to help and pray for you and with you!



GET CREATIVE! Create some artwork using one of Bernadette's quotes.



A SAINT? WHO, ME?

DON'T LIVE SOMEONE ELSE'S LIFE!

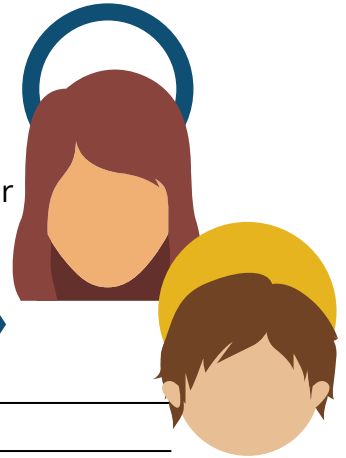


SENIOR RE-NON-EXAM: A1 / A3 / B1 / D1 / D2 / D3 / E1 / G2 / G3 / H1 / H3
JRE: LD.2 / 2.4 / 2.7 / 2.9 / 3.1 / 3.2 / 3.3 / 3.4

HOW MANY SAINTS CAN YOU NAME IN ONE MINUTE?

HOME: **2** GUEST: **1**

If working in pairs / a group, award yourself one point for every saint you name that they don't have on their list!



CAN YOU THINK OF ANY SAINT WHO HAS PERFORMED MIRACLES, OR HEROIC ACTS OF SACRIFICE?



WHAT DO YOU THINK IS NECESSARY TO BECOME A SAINT? IS IT POSSIBLE IN TODAY'S WORLD? WHAT DIFFERENCE WOULD IT MAKE ANYWAY? DISCUSS!

WATCH FR MIKE SCHMITZ' VIDEO: "YOU CAN BE A SAINT. HERE'S HOW" AND REFLECT ON THE QUESTIONS THAT FOLLOW



When we compare our lives to the lives of great saints, what do we think disqualifies us from sainthood? What do saints do that we can't imagine ourselves doing?



WHAT DOES THE LORD REQUIRE OF YOU? TO DO _____ TO LOVE _____ AND TO WALK _____ WITH YOUR GOD. MICAH 6:8

WHEN WE'RE TEMPTED TO ASK WHAT GREAT HEROIC ACT OR SACRIFICE DO I HAVE TO MAKE TO BECOME A SAINT, WE CAN FIND OUR ANSWER IN MICAH 6:8 - FILL IN THE GAPS!

In simple terms, "a saint is someone who says YES to God, and never stops saying it." What do you think that means?

The Secret to Holiness: Becoming a saint involves following this advice: _____ what God wills, _____ God wills it, _____ God wills it.

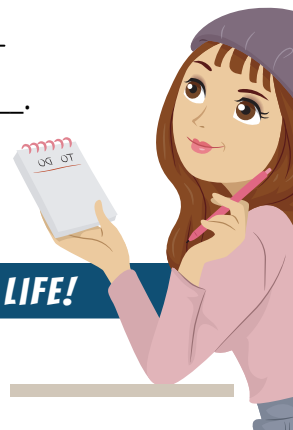


Where do I find God's will for my life?

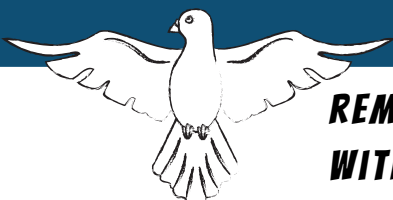
God is with me where I am, right _____ and right _____.

The only question we get to answer is: will I do His _____, as He _____ and because He _____.

THE SECRET TO HOLINESS IS NOT GOING OFF TO LIVE SOMEONE ELSE'S LIFE!



" A SAINT? WHO, ME?"



REMEMBER: DO GOD'S WILL, AS HE WILLS IT, BECAUSE HE WILLS IT, WITH THE POWER HE PROVIDES FOR YOU TO ACCOMPLISH IT!



READ: MARK 7:1-8, 14-15, 21-23



Jesus was challenged by the Scribes and the Pharisees in this passage because some of His disciples did not perform the Jewish ritual required to clean their hands to the elbow before eating. Jesus is critical of the Pharisees for putting human tradition above God's Law because the tradition of the elders, the teachings of the Pharisees, extended the ritual-purity laws of Temple worship to everyday Jewish life. Jesus criticizes the Pharisees for making this tradition equal to and as binding as the Law of Moses. Their priorities were all wrong. The Pharisees were more concerned about the superficial appearance of being religious, rather than actually striving for personal holiness and true obedience to God's will. Jesus often challenged them about this. He challenges us too.

We each have a choice to make: we can ignore what God calls us to in His Commandments, and the decisions we know He wants us to make, **or** we can really look into our hearts and see what needs to be rooted out to make room for Him there. Jesus is pretty blunt about those habits / sins in Mark 7:21-23 that are damaging to our souls, and those around us.

Fr Mike explains our two choices like this: We can say "here's why I'm the exception to that commandment" or we can say, "Thy will be done."



MISSION!

MAYBE THIS WEEK YOU ARE BEING CALLED TO A SPIRITUAL MAKEOVER OR BOOTCAMP, NO SPA TREATMENT, OR HAIRCUTS, NO PERSONAL STYLIST - JUST YOU, SOME TIME IN SILENCE TO REFLECT, AND A DIVINE FRIEND WHO KNOWS YOUR HEART EVEN BETTER THAN YOU DO. JESUS KNOWS YOUR MOTIVATIONS FOR ALL YOUR ACTIONS, HE KNOWS YOUR FEARS, YOUR DESIRES, YOUR DREAMS. HE KNOWS YOU WANT TO BE THE BEST VERSION OF YOURSELF, BUT CAN STRUGGLE WITH ACHIEVING THAT. HE KNOWS WHY YOU DO THE THINGS YOU DO... AND HE LOVES YOU, IN SPITE OF YOUR WEAKNESSES AND FAILURES.

LET HIM GUIDE YOU THIS WEEK AS YOU REFLECT ON ANY AREAS OF YOUR LIFE THAT NEED TO CHANGE. IT MIGHT BE A LITTLE UNCOMFORTABLE, BUT A LITTLE PRUNING IS NECESSARY FOR PLANTS TO GROW AND THRIVE TOO. IF POSSIBLE, GO TO RECEIVE THE SACRAMENT OF CONFESSION TOO, AND LEAVE ALL THOSE THINGS WITH THE LORD, AND MAKE A FRESH START, WITH HIS GRACE TO SUPPORT YOU!



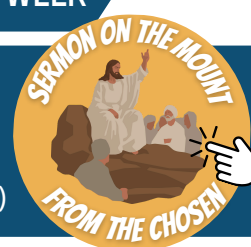
Lord, you offer me so much, and all I have to do is hear your voice and act on it. Help me to make a spiritual makeover this week; to root out anything that prevents me from becoming the best version of myself, a Game-Changer in this world. Take away my pride and help me to do right, to love justice and to walk humbly with You, my God! AMEN



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON WHAT'S INSIDE YOUR HEART THIS WEEK



- Make me Over (Natalie Grant)
- Refiner's Fire (Vineyard Worship)
- Give me Faith (Elevation Worship)
- From the Inside Out (Hillsong)
- The Real Me (Natalie Grant)
- I Shall Not Want (Audrey Assad)
- The Unmaking (Nicole Nordeman)
- The Change in Me (Casting Crowns)



Fr Josh Johnson: How to Become a Saint

Mark Hart - Becoming a Saint



You might find it helpful to watch the discovery of the spring scene from "The Song of Bernadette" in advance.

REPORTING LIVE FROM MASSABIELLE!



IMAGINE YOU ARE CREATING A NEWS REPORT TO DESCRIBE THE 9TH APPARITION ON THURSDAY FEBRUARY 25TH

Answer the following questions, staying as true to the character and historical details as possible.

In your group, decide who will take the following roles:



Newsroom anchor / reporter in the field / eye-witnesses / Bernadette / Bernadette's mother / optional: person who was healed

My role is: _____

Character's Name? (Create one if you don't know!) _____

What do I know about this event? (or for the reporter: what questions do I need to ask?)

What is my perspective on this event?

How do I feel about the events of the day?

What do I know / think about miracles?

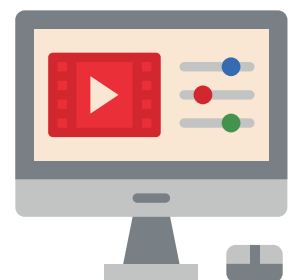


- When you have completed your own brainstorm, work together with your group to create a short newscast with each student responsible for his or her own role / report.
- Remember, if you are the Anchor, you must do just that! Anchor the report from the studio, give an introduction, link each segment e.g. "And now over to in"
- Eye-witnesses do not always see the full events or details - they might only have seen the start / end of the incident , or maybe just the aftermath. They may even only have heard something from someone else, rather than seeing it with their own eyes. They may not be totally reliable!



Bonus ideas:

- Watch a short news clip on YouTube to become familiar with the running order / type of language used.
- Perform the sketch for the rest of the class!
- Try using a news channel music intro / outro to give it an authentic feel.
- Maybe you can use images / powerpoint / video to add to the authenticity.
- Maybe you could have a "camera-man" to record the clip, and an editing team to piece it together afterwards.
- Go all out and wear costumes for the report!





THE IMMACULATE CONCEPTION

As the moon shines with the light of the sun, so the immaculate splendour of Mary is totally relative to that of the Redeemer.
Pope John Paul II

CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT THE IMMACULATE CONCEPTION CCC 490-493



WHAT FEAST DAY DO WE CELEBRATE ON 25TH MARCH, NINE MONTHS BEFORE CHRISTMAS DAY?

ON DECEMBER 8TH WE CELEBRATE THE FEAST OF THE IMMACULATE CONCEPTION. IS THIS JESUS' OR MARY'S CONCEPTION?

WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "THE IMMACULATE CONCEPTION" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



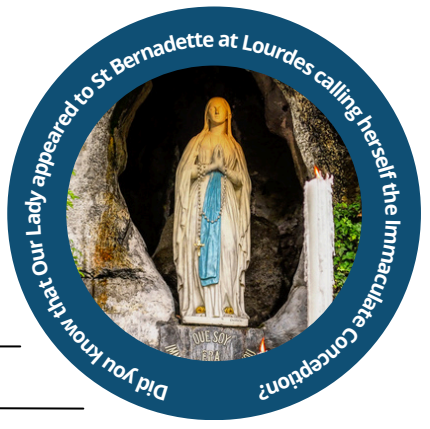
- What do most people think the dogma of the Immaculate Conception is about?

DEFINITION: The Immaculate Conception means that from the very first moment of her conception, Mary was preserved from all stain of O _____ S _____ by the merits of her Son's future I _____, d _____ and r _____.

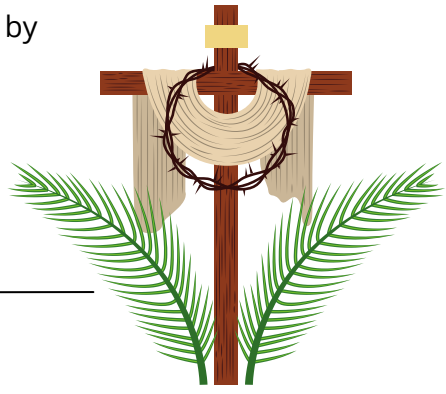
- Who is Mary's Saviour? _____



- Explain Fr Mike's **Dr Joe Johnson cure / vaccine analogy** in your own words. What are the two ways he could be seen as a "saviour"?



- Christians are saved by Jesus at baptism, and continue to be saved by saying _____.
This happened *after the fact* of Original Sin being inherited.
- Mary was preserved by the _____ of her Son's _____ life, death and resurrection.
- What age was Mary believed to have been when she conceived Jesus? _____



But...

- How can this special grace Mary received apply to the past - if she received this grace years before Jesus' life, death and resurrection?
- **Answer:** God is outside of _____.

THE IMMACULATE CONCEPTION

- We can read about The Fall in Genesis Chapter ____.
- Jesus and Mary were the first man and woman conceived without original sin? True False
- Jesus is the New _____ and Mary is the New _____.

TEAM FALL:



An Angel of Light
(_____) came to a woman conceived without sin and spoke words to her which caused her to _____ and _____.

She says _____ to God.

She takes that _____ and hands it on to her _____ who hands it on to the whole world.

EVE IS THE MOTHER OF THE _____

TEAM REDEEM:

An Angel of Light
(_____) came to a woman conceived without sin and spoke words to her which caused her to _____ and _____.

She says _____ to God's message and _____ Him.

She takes that _____ and hands it on to the _____ conceived in her womb. He says _____ and hands on _____ to the whole world.

MARY IS THE MOTHER OF THE _____



But...

Why would God choose Mary to be part of his plan for salvation and cause her to be immaculately conceived?

- Answer: God **could** have saved us completely on His own, but God **chose** to use Mary!
- St Augustine said, "The God who willed to create you without you is not willing to redeem you without you." God wants us to work with Him.
- Where did Mary's power / goodness / strength come from? _____



MISSION!

GOD WILL NEVER ASK YOU TO DO MORE THAN HE ASKED OUR LADY, THE GREATEST SAINT IN HEAVEN. ALL HE ASKED OF HER WAS THAT SHE SAY "YES". TODAY, SAY "YES" TO WHATEVER GOD WANTS OF YOU - TRUSTING THAT HE HAS YOUR MAXIMUM HAPPINESS IN HIS PLAN. ASK OUR LADY FOR HELP TO BE OBEDIENT TO THE WILL OF GOD AND TO BELIEVE IN HIS FATHERLY HEART AND LOVE FOR YOU!



PRAYER TIME!

When Mary appeared to St Catherine Labouré at Rue du Bac in Paris in 1830, she asked for a medal to be created, with this prayer: "**O Mary conceived without sin, pray for us who have recourse to you!**" The prayer prepared the way for the Marian dogma being declared in 1854, and four years later Our Lady appeared at Lourdes, calling herself "The Immaculate Conception"



CREATE A PLAYLIST OF MARIAN SONGS (SONGS ABOUT OUR LADY!)



Ave Maria Guarani (Teen Spirit)
Ave Maria Bach Guonod

Ave Maria Schubert
Blessed One (Aaron Thompson)

Tu Pureza
Hail Holy Queen (Sister Act)



Find all the words associated with the Immaculate Conception in the word-search

THE IMMACULATE CONCEPTION

P W S C C X F W N L P O Z D G E K L C M D I M Q M
D Q N B O K N K Y E I Q Q E Z J M Y X A D Q Z A D
H R K H C N D N A V D F R A G M S E J D X Z D E L
X E I M M A C U L A T E E T P U I X N A O A V O M
X F Q J W N Y E Z E S L F H Y A T F J D W R U V G
N I A T S I I V P U I V H O O Y P W U E E R Y T D
P C A N U R F S R T R R K D N O A M N S D M A K I
K U X G F O H R L D I V B U N E B L E E F H N R I
H L F R O A E L F A O O Q A X Y D R S F O E G T P
B G S G B C X R B D N H N H G N P R O O O D E V T
P S N Q T I O R U J C I B Q V Z D P A B R N V S D
D E Y I K N H J A B S C G E T N O Z C G N V I S A
V E O R J X T B T M V H Y I M I G A V R K S V X L
Z N C F B R C S P G V W Y M R S M O P P E Y S Q Y
C P S E C A B U D E U R Z K Z O A J Y N H A X R A
E R J K M T A N N U N C I A T I O N E T L Q B M I
J E S U S B H U L V Q O N R R U U G I V K U P Q D
A D N U J J E E B G N S P N I A K W A M E R I T S
H E N R L Q V R F E C K H Z B S Z T A A Q Q X O V
O E O D I H V B W A W U F L D A I F F R Z X F H Y
H M W X Y H I Q B T L Q G A O O K D N Y B Z V F S
D E G H W V M Q E G F L R Z N R A H P A E V E B B
H D W P V R D K E D P G H H A R F W E Y R L P F H
K P Q L L O R G Q L N M G P C P Y H U E N U O J F
X X S E E Q B Q U L Z L P K R H I J O V E L V P E



Adam / annunciation / baptism / conception / death / December / dogma /
eve / Gabriel / Garden of Eden / Genesis / immaculate / Jesus / life /
 Lourdes / Lucifer / Mary / merits / New Adam / Original Sin / preserved /
redeemed / resurrection / Rue du Bac / salvation / stain / The Fall

QUICK FIRE QUIZ!

Choose at least ten of the words / phrases in the list above and work as a team to explain how they relate to the Catholic belief in the Immaculate Conception as quickly as you can. Who can explain the most words?



LITANY OF HUMILITY

O Jesus, meek and humble of heart,
From the desire of being esteemed,
From the desire of being loved,
From the desire of being extolled,
From the desire of being honoured,
From the desire of being praised,
From the desire of being preferred to others,
From the desire of being consulted,
From the desire of being approved,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being ridiculed,
From the fear of being wronged,
From the fear of being suspected,

*hear me.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.
deliver me O Jesus.*

That others may be loved more than I,
Jesus, grant me the grace to desire it.
That others may be esteemed more than I,
Jesus, grant me the grace to desire it.
That, in the opinion of the world,
others may increase and I may decrease,
Jesus, grant me the grace to desire it.
That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.
That others may be praised and I go unnoticed,
Jesus, grant me the grace to desire it.
That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.
That others may become holier than I,
provided that I may become as holy as I should,
Jesus, grant me the grace to desire it.



The Litany of Humility is attributed to Cardinal Merry del Val who was the Secretary of State to Pope Saint Pius X (1903-1914)



LIFE TEEN GUIDE TO
PRAYING THE ROSARY!



PRAYING THE ROSARY

St Bernadette loved to pray the rosary each day. Do you know how to pray the Rosary? Maybe you could start praying one decade every day? A decade only takes about two minutes!

HOW TO PRAY THE ROSARY

“At night when you retire to rest, take your beads and go off to sleep while saying them; do the same as little children who fall asleep saying: ‘Mamma, Mamma...’”

MAKE THE SIGN OF THE CROSS

The Apostle’s Creed: I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

PRAY FOR THE POPE’S INTENTIONS

Recite one Our Father, three Hail Mary’s and a Glory Be.

FOR EACH DECADE:

Pray one Our Father, ten Hail Mary’s and one Glory Be.

AFTER EACH DECADE: Pray the Fatima Prayer.

DECIDE WHICH MYSTERIES YOU WILL BE MEDITATING ON.

Announce the mystery before each decade

e.g. “The first Joyful Mystery, The Annunciation”

THE ROSARY PRAYERS

Our Father,

Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

Hail Mary,

full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

Glory be

to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, Amen.

[Fatima Prayer]

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of your mercy

AFTER FIVE DECADES:

Hail Holy Queen, Mother of Mercy, hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy towards us, and after this our exile, show unto us the Blessed Fruit of your womb Jesus. O, clement, O loving, O sweet Virgin Mary. Pray for us Oh Most Holy Mother of God - that we may be made worthy of the promises of Christ.

Let us pray, O God whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech You, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise through the same Christ our Lord.

May the Divine Assistance remain always with us - and may the souls of the faithful departed through the mercy of God, rest in peace.

THE JOYFUL MYSTERIES

- The Annunciation
- The Visitation
- The Birth of Jesus
- The Presentation of Jesus in the temple
- The Finding of the Child Jesus in the temple

THE LUMINOUS MYSTERIES

- The Baptism in the River Jordan
- The Wedding Feast at Cana
- The Proclamation of the Kingdom of God and the call to conversion
- The Transfiguration
- The Institution of the Holy Eucharist

THE SORROWFUL MYSTERIES

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion & Death of our Lord

THE GLORIOUS MYSTERIES

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption of Our Lady into Heaven
- The Coronation of Our Lady

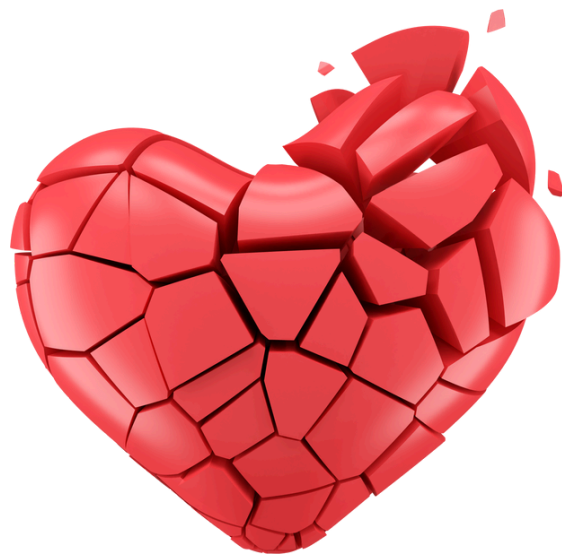
MEDITATING ON THE MYSTERIES OF THE ROSARY HAS BEEN DESCRIBED LIKE TURNING BACK THROUGH THE PAGES OF A PHOTO ALBUM OF JESUS AND MARY’S LIFE WITH OUR LADY, AND BEING ABLE TO PUT YOURSELF INTO THOSE SCENES TOO! WATCH FR PATRICK CAHILL EXPLAIN THIS ANALOGY IN THIS ASCEND YM CLIP ON YOUTUBE



CLICK THE LINKS ABOVE TO PRAY WITH THE YOUNG PEOPLE AT HOLY FAMILY MISSION ON THE PAVING THE WAY HOME YOUTUBE CHANNEL!



If one dream should fall
and break into a thousand pieces...
never be afraid to pick one
of those pieces up and begin again.
That's the beauty of being alive...
We can always start all over again.
Enjoy God's amazing opportunities
bestowed on us.
Have faith in Him always.

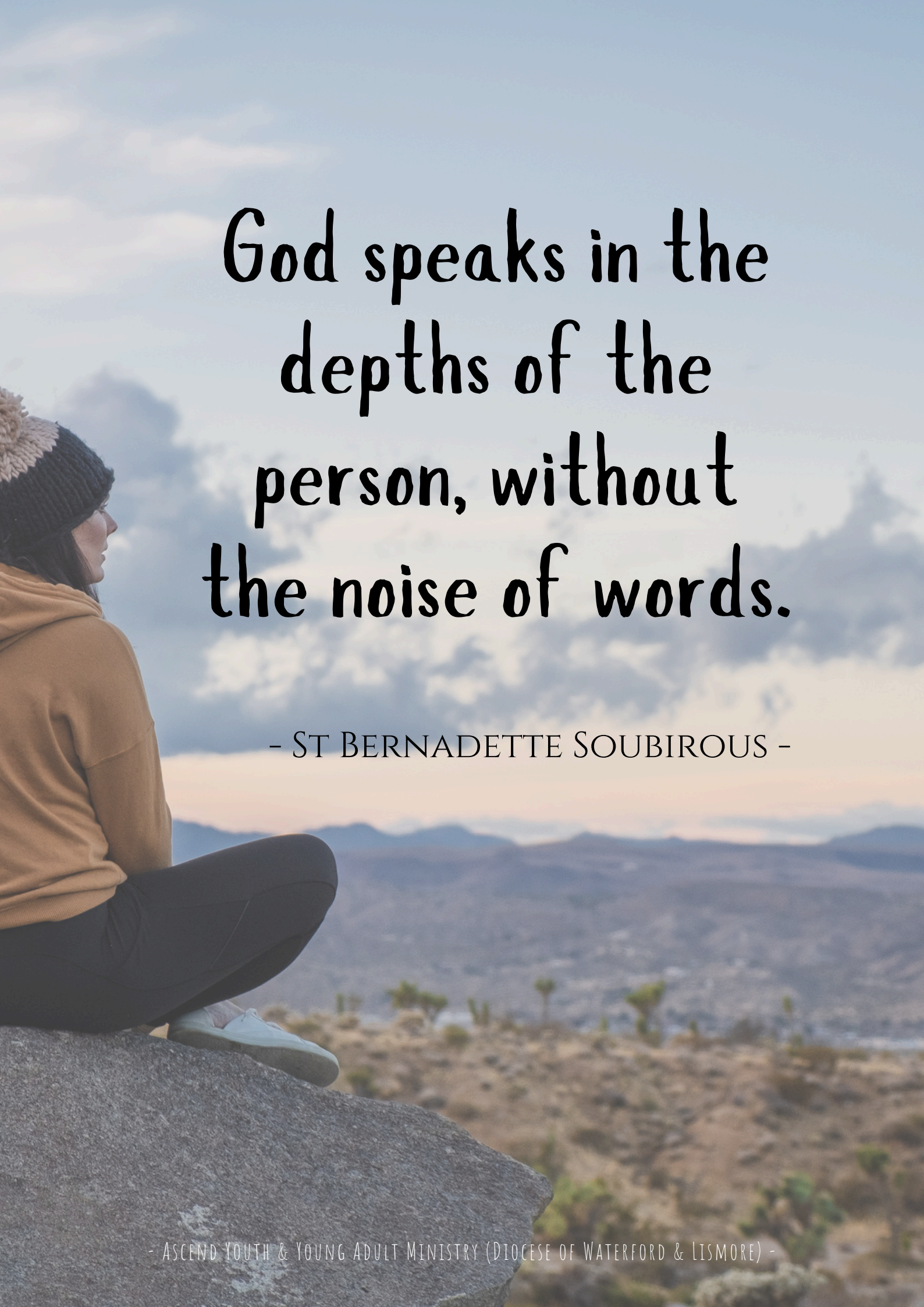


- ST BERNADETTE SOUBIROUS -

I want
my
whole life
to be
inspired by

Love.

- ST BERNADETTE SOUBIROUS -

A person wearing a brown hoodie and a black beanie with a pom-pom is sitting on a large grey rock. They are looking out over a vast valley with mountains in the distance under a cloudy sky at sunset. The text is overlaid on the right side of the image.

God speaks in the
depths of the
person, without
the noise of words.

- ST BERNADETTE SOUBIROUS -



Notes



Resource Pack produced by Ascend: Waterford & Lismore Youth Ministry

Website: www.waterfordlismore.ie/youth-ministry

Email: youthministry@waterfordlismore.ie

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